THE TACOMA FACTS

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BILL COSBY TO PERFORM AT PLU OCT. 14

Bill Cosby, one of the entertainment world's most gifted and popular comedy stars, will offer his unique blend of wit and comment at Pacific Lutheran University Saturday, October 14.

The program, one of the highlights of the 1972 Homecoming Weekend at PLU, will be held in Olson Auditorium at 9:30 p.m.

Joining Cosby on the program will be the Masters Children, a versatile show that presents a total form of entertainment: singing, dancing, comedy and drama. During their four years together, the six members of the group have performed all over the world.

Cosby has been a familiar figure to television audiences for more than a decade. He gained his initial national popularity as a variety show guest in the early '60's. His routines, which relied heavily on exaggerated childhood memories, were an instant hit.

During the mid '60's he broke a television color barrier when he was cast as an equal partner to a white man in the "I Spy" series. He won three Emmy awards for his role in that series.

Cosby made his motion picture debut in a powerful dramatic role in the post-Civil War film, "Man and Boy," and has since teamed with "I Spy" partner Robert Culpin the motion picture "Hickey and Boggs."

His lifetime interest in teaching is reflected in his numerous appearances on public television children's programs and public awareness effots.

Public appearances remain in his first love, because, according to Cosy, "While I'm up on stage, I can actually put myself into the audience, and adjust my pace and timing to them. Only through this total communication can I really achieve what I'm trying to do."

In simplest manner possible, Cosby has become the spokesman of many people all over America, the voice of the ordinary world out there. He gives a twist of the ridiculous to everyday faults, foibles and successes.

This fall Cosby became the star of a weekly television program for the third time as host of CBS' new "Bill Cosby Show," this time a vareity program.

Tickets for the Cosby Show performance at PLU are available at the University Center Ticket office at PLU, Snuffy's Records, Lakewood Record and Book, and the Bon Marche, Tacoma.

University Of Scouting

On October 14th, the Mount Rainier Council is hosting the University of Scouting, a university-style training program, designed for all adult Scouter's in the Council. Courses will be offered in 45 subjects, including all aspects of Cubbing and Scouting, something for everyone at the unit, district and covering the revised Scouting program, will be offered - all four hours, and a shorter two hour version will be given for the "Trained, experienced leaders". McIntyre and Thompson Hall's at the University of Puget Sound have been secured for the event.

The registration desk in Thompson Hall will open at 8:00 a.m., but by filling in the, you may pre-register, assuring your course and the time you prefer. Classes without enough sign-up's will be canceled and class times are limited to available space, on first come basis. So be sure to send in your registration form and $1.00 now. to make sure you get what you want. The classes will run from 9:00 a.m. through 5:00 p.m. with a break for lunch, allowing you seven full hours to fill your needs. Lunch will be available between 12:00 and 2:00 on campus, for about $1.50 or a lunchroom will be available with coffee etc... if you prefer to bring a sack lunch.

We know you are aware of the importance of training at every level and will want your unit to reap the benefits of the "University of Scouting".

See you there, October 14th.

Advisory Association Meeting Rescheduled For Lack Of Quorum

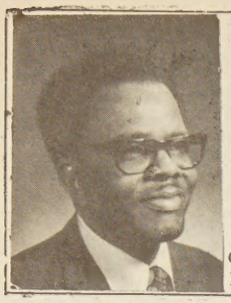
Due in part to a last minute change in the announced time of the meeting, the Tacoma Model Cities Advisory Association failed to come up with a quorum on Saturday, October 7.

After much discussion, it was decided to reschedule the meeting for Thursday, October 26th, 7:30 p.m. in the City Council Chambers. The Chambers are located on the 3rd floor of the County-City Building.

This meeting will primarily be concerned with proposed changes in the Constitution and By-Laws. According to William Middleton, past chairman of the Constitution and By-Laws Committee, these changes are desirable because the present Constitution and By-Laws have become somewhat outdated since they first written.

Judge Elizabeth Shackleford, long active in the Model Cities Program, attended Saturday's meeting and acted as parliamentarian. She also explained that the best source of information regarding the responsibilities of the Advisory Association was the original Model Cities grant application that was the original Model Cities grant application that was approved by the Department of Housing and Urban Development.

All Model Neighborhood residents are urged to attend the coming Advisory Association meeting on October 26th. The Model Cities Program can only be as strong as its citizen participation.



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Getting Your Car All-Together For Winter

Detroit --- Now's the time to get your car ready for winter and here are some handy tips from Chrysler's service director Bob Kline.

"Let's start from the ground up. Make sure the tires have a good tread, and that they're inflated to the pressure recommended in the owner's manual," says Kline. "Check the sidewalls, inside and out, to make sure they're no cuts and bruises. If you've driven far enough since the last tire-rotation, then shift them again.

"Fall brings rain and falling leaves to many areas, and smow to others. In either case, the pavement is treacherous and good braking is a must. Have the brakes checked, and make sure that the wheels are properly aligned. If they aren't you'll never stop straight, or safely.

"Easy starting starts with a good battery. Watch as they check the battery with a hydrometer; the specific gravity should measure about 1260 to 1275.

"An engine is quite like a human being; when it breathes well it works better. The Moderan, paper air-cleaners are inexpensive and easy to change. Do it.

"Summer oil is sort of like tired blood. Fall is the right time to change the oil, and put in a new oil filter. Again, read the instructions in your owner's manual and use the type of oil it recommends.

"While the hood is up, have the belts checked for wear and tension. If they're worn, they'll look it, they should be replaced. Chances are they may just need a fast adjustment to provide proper tension.

"An important element in performance is your fuel pump; have it checked for vacuum (pull to bring gas from the tank, and for pressure, push to move gas to the carburetor.) Old-fashioned fuel filters needed to be disassembled and cleaned, but modern ones have charcoal filter and require no maintenance. Then have the engine tuned so that it will start easier and run better.

"There are two fast checks which are a very important part of this Fall physical; check the level on the transmission fluid, and the lubrication in the rear end.

"If the family hasn't helped you yet, let them cooperate as you check all the lights. Make sure that stop, turn signal side-marker, upper and lower beams all work well. Check the headlights. If there's a graying in the sealed beam it means the reflectors are going -- possibly because of a stone chip -- and the unit should be replaced.

MOST OF US would be happy to pay as we go if only we could catch up on where we've been.

MENTAL DIET

by: Evangelist Charles Waller...Holgate St. Church of Christ

THE CHRISTIAN'S REWARD

1. The joy of partnership with Christ.
2. The pleasure of serving in Christ's work.
3. The privilege of sharing with others.
4. The assurance of spiritual riches.
5. The blessings of doing God's will.
6. The strength of God's unlimited resources.
7. The knowledge that you are doing right in God's sight.

A FATHER THAT FAILED

As a father, I have thought that I was a success. I taught my son to hunt, took him fishing, sat on the sidelines and cheered his work on the football field. I gave him a good allowance and let him use the car for his dates. I thought I was pal to my son.

Now that son is gone. The house is empty without his laughter, and conscience comes and sits on my pillow and pricks me at night with arrows that sting like poison. Not once did I talk seriously to that boy about Christianity or his soul's salvation. I thought of church going as something for the women and children, and I wanted my boy to be a man.

THE DREADED TASK

I found the task that I had dreaded so
Was not so difficult when once begun!
It was the dread itself that was the foe,
And dread once conquered means a victory won.

SOUL PURPOSE

by Chuck Singleton

Philipians 2:2 "Make my job complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.

"What's It All About"

I boarded the DC-10 at Dallas' Love Field on my way to California. I sat next to a casually dressed gentleman and we began to talk immediately. I discovered in the course of the conversation that the man was an Air Force major on route to Viet Nam.

The major was disheartened by the great amount of protest for peace because, as he saw it, "peace is an impossibility anywhere on earth". He wanted to know where on earth had there ever been any peace. I shared an old Chinese proverb with him. "When there's peace in the heart, there's peace in the home, when there's peace in the home, there's peace in the city, when there's peace in the city there's peace in the land".

The famed guitarist Jimi Hendrix was said to have posed a question to over 40,000 people at one of his final concerts before his untimely death. He is said to have asked the auditorium filled with spectators, if anyone in that packed auditorium had heard the answer to the thing we call life, to stand up and tell him.

The question mark remains in the minds of millions like the air force major who are checking the world scene out like Jimi Hendrix. More than enough people look at the maze and wither become very disgusted or very puzzled, all ask the question, "What's it all about?"

Twenty-one civilizations have come and gone and in all civilizations man has found a way to communicate the question mark. Man is a searching creature.

Augustine wrote, "thou hast made us O' Lord and our hearts are restless until they find their rest in thee". The chemist-philosopher Pascal wrote, "There is a God-shaped vacuum in the heart of every man which can only be filled by Jesus Christ, the Son of God".

The answer to life is found through a personal relationship with God as revealed in Jesus Christ.

"I in them and Thou in me, that they may be perfected in unity, that the world may know that Thou didst send me and didst love them as thou didst love Me." (John 17:23)

ANNOUNCEMENT

Concert Slated for the Shiloh Baptist Church. The Rev. Leon C. Jones will be the featured soloist and will be accompanied by Robert Earl Jones. Rev. Jones is the Area Minister for the North Puget Sound Area - Northwest Region of The American Baptist Churches.

The Concert will be held at the Shiloh Baptist Church on Oct. 15th at 4:00 p.m.

ANYONE CAN DO any amount of work, provided it isn't the work he is supposed to be doing at the moment.

PUGGY

AMERICA'S MOST LOVEABLE LADDIE
TELL ME PUGGY.. WHERE ARE THE FOLLOWING? LOS ALAMOS. FORT KNOX ANNAPOLIS. FORT BRAGG. WEST POINT?
I'M STILL WAITING FOR THE ANSWERS! DON'T YOU KNOW?
YES M'AM.. I DO..
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RIGHT ON.
FROM THE PUBLISHERS PEN

Fitzgerald Beaver Publisher and Editor

Truth Avoids Covers

The present adult generation, like adult generations in all times, question the extent to which youth are exposed to the "realities" to life.

As usual - throughout history - there are those who defend exposing youth to adult problems early and likewise those who favor keeping hid from the youth some of the "evil" of the world.

There are definitely certain things youth must be protested from before they learn how to protect themselves or to discriminate in taste and choice. On the other hand, it is pretty obvious that the whole range of mass communication media has not been very discriminating in its choice of what to include for information and entertainment.

Movies that only a few years ago were reserved "for adults only" are now freely shown on television, and crime has a premium in any communication organ. Such a realistic approach to life may or may not be good but one thing is for certain: there are a lot of "real-er real" things going on that black youths ought to be told about.

Youngsters nowadays should be told what to expect.

Life is a series of ups and downs, a wise old lady used to say.

And so it is. But too often, youth feel that once a single victory is had the owrld is rosey thereafter and thereafter. Not so.

While all youths of today have to know that behind all the surge toward pride must come hard work, dedication, respect for elders, schooling and general work in the direction of nation-building.

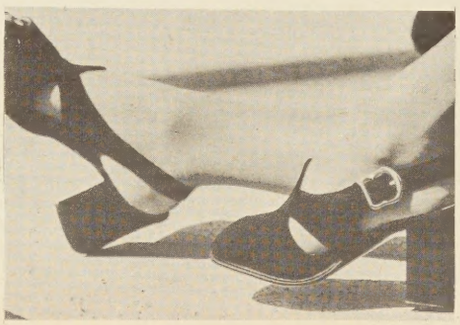
It does no good to rant and rave if only hot air is in back of all propositions. A history of any people or race is a history of violence, wars, acquiring food, making things to wear and finding out about the world around. Black youth must know that as people, they are no different from all who have gone before - that is, unless they MAKE the difference.

Race consciousness, alone, will not win a revolution. There is still room for brain-power - which no man has the monopoly on - and hard work. And hard work, as the African and Afro-American forefathers will attest has not ever been strictly any one race domain.

Right On!

Pure Elegance

ELEGANCE RETURNS in the form of Quali-Craft's sleek black suede pump on new higher heel. Taking an upswing in front on a gently rounded toe, and discreetly outlined with shiny piping trim. From a collection of yummy suedes at Leeds shoe stores.



The dressy black suede sandal makes a strong bid for fashion popularity. Here, Sweet Steps' version in a closed-yet-open sandal rises high up front, stands on a new higher heel. To be seen at Burts shoe stores.

Lofty Is The Look

Lofty is the look in shoes to go with the return of the classic suit or your pants wardrobe. Here, an upswept gauntlet pump of black glove-soft leather sports a harness-buckle gored strap. Height additives: three-inch heel and one-inch platform sole of tan stacked leather. Leather lined, too. Now at Chandlers shoe stores.

Worst houses in rural Dixie

WASHINGTON — Rural America has less than one-third of the country's houses but two-thirds of all those in poor condition, according to a report released recently by the U.S. Department of Agriculture.

The 1970 Census of Housing showed the nation had 63.4 million occupied housing units. USDA's Economic Research Service determined that of the 19.6 million units located outside of metropolitan centers, 12 per cent had insufficient plumbing, which classified them as of poor quality. About 3 per cent of the metropolitan houses were in this condition.

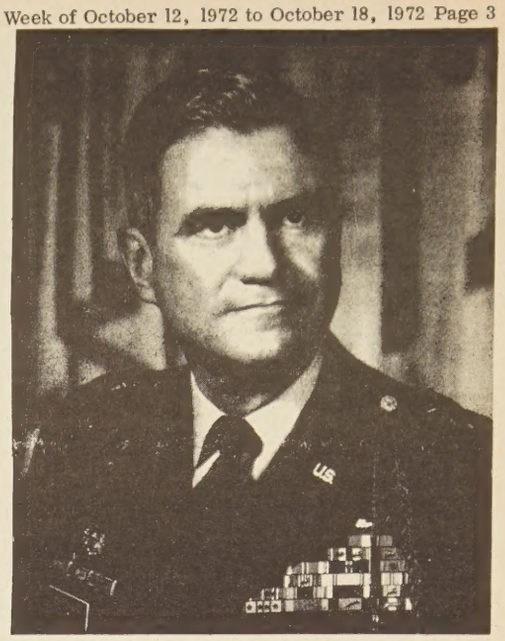
Half of the Nation's 4.7 million housing units without sufficient plumbing were in the South. Of the nation's 6.3 million houses occupied by blacks, 17 per cent lacked the necessary plumbing. Among the 57 million white households, 4.7 per cent were listed in poor condition. Nearly half of the black-occupied housing in the rural areas of the South lacked complete plumbing.

Smoking shows rise

WASHINGTON — Both consumption and production of cigarettes is increasing in the United States, the government has reported.

Cigarette output this year is expected to exceed the 593 billion produced in fiscal 1972, the Agriculture Department said. At the same time, it said persons over 18 will smoke slightly more cigarettes than last year's 202 packs per capita.

The report said tobacco crops this year would be about the same size as a year ago — some 1.73 billion pounds.



LIEUTENANT GENERAL WILLIAM A.KNOWLTON

Gen. Knowlton Vows To Rid West Point Of Discrimination

WEST POINT, N.Y. – September 11, 1972 -- West Point's Equal Employment Opportunity Office (EEOO), under the direction of Mr. Charles R. Fitzgerald, is working towards Lieutenant General William A. Knowlton's avowed goal of "removing every vestige of discrimination from the West Point scene." General Knowlton is Superintendent of the United States Military Academy at West Point, New York.

According to Mr. Fitzgerald, the EEOO is at West Point "to insure that all employees have equal employment opportunity and treatment by conducting a continuing campaign to eradicate every form of prejudice or discrimination based upon race, color, religion, sex or national origin from personnel policies, practices and working conditions."

As Equal Opportunity Officer, Mr. Fitzgerald's responsibilities include assuring "that managers, supervisors, and employees are informed of EEOO program requirements and objectives;" a responsibility which will eliminate a problem defined by LTG Knowlton as identifying false perceptions.

"West Point," LTG Knowlton explained, "is not without its share of problems which are inconsistent with the Secretary of Defenses' Human Goals Programs. We have found that lack of information or false perceptions are the cause of these so supervisors and their assistants must be alert to warding off trouble points by supplying needed information and responding to feedback."

The EEOO conducts skill surveys, councils employees on methods to seek better jobs through Upward and Lateral Mobility Training programs, locates minority candidates for employment, awards employees and supervisors who make outstanding contributions to Equal Opportunity Programs, works as a liaison between community minority leaders and the Military Academy and investigates complaints about discriminatory treatment of military personnel.

SDHR CHAIRMAN PLEASED. Victor C. Morris, Chairman, Dutchess County Council, State Division for Human Rights (SDHR) was pleased by Gen. Knowlton's announced vow to eliminate discrimination. After receiving complaints last spring about discrimination at the academy, Mr. Morris was invited to the academy by Gen. Knowlton to discuss the complaints.

Referring to the conference, Mr. Morris said, "Our conversation was frank and candid and covered a wide range of activities at the academy. I was particularly pleased that Gen. Knowlton has publicly expressed the same determination to eliminate discrimination which he stated in our conference."

Mr. Morris continued, "Race relations is one of the major problems facing our armed forces today and it is of utmost importance that the West Point Cadets, our future U. S. Army officers, have a proper perspective of the question of race. Gen. Knowlton's vow is most significant and many future problems could be avoided and perhaps lives saved, if other senior officers took similar action.

Mr. Morris further stated that significant changes had been made at the academy since last spring. Most if not all of the complaints have been resolved, a black hostess appointed for the

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Letter To The Editor

The political scene for minorities and particularly for Black people is continually growing worse. Most of the people that are caught up in the games that are going down are still using the man's methods of dealing with their problems. These people are a part of the reason why the Black people can't get together. It's the time for all Black People to come forward in united efforts against or, with all issues that face any group of Black people as a group. If we're not going to worry about the guy that got busted for Heroin last night as well as the church choir that needs some new robes, then how can we be together? If we continue to fight amongst ourselves and never put up a united effort, how can we defend ourselves as a people?

We've probably been to busy worrying about our own problems to be to be worried about anyone else's problems on a day basis, but there are periods of time, that we must put our day to day problems aside so that we may come together as a people. There are meetings and functions where people's cohesiveness are vital to the life and survival of Black people as a whole. If we're not together when those times come around, then the man takes it that we're weak and untogether people. It is time to stop fighting the small brush fires amongst ourselves and come forward as a people and fight the blaze that is before us.

Maybe it is our methods that are causing us to fail to be together. Maybe we need to deal ;with our political situations in the manner in which we know how to deal with them. In the language and style that we're been accustomed to using in our private lives. Most of the time we are using the methods that are common to the man and uncommon to us. His political systems, his language, his communication network, his everything, but our bodies and sometimes minds. Maybe this is why we are failing to be together.

So before it's to late, we had better stop talking about our neighbors or them niggers down there, or those old bags over there those Uncle Toms and Aunt Sallys up there, them dope addicts and Junkies onthe streets, and those low-down Skunky Squares selling them out. It is time to get all of this put to the side. It's time to start saying what we want as a people before we all get screwed.

Navy CPO Skipper Of Vessel

WASHINGTON, D.C. --- Chief Boatswain's Mate Walter Johnson, a 25-year naval veteran, has recently achieved a goal which many sailors dream of but only a few realize. He's the skipper of a vessel.

Chief Johnson, of Prescott, Arkansas (both parents deceased), enlisted in the Navy in 1947. His first duty assignment was with transport squadron SIX in Guam, Marianas Islands.

Later tours at sea involved duty aboard a wide variety of ships such as tenders, light cruisers and destroyers, including the USS DIXIE (AD-14), USS PROVIDENCE (CLG-6), USS INGERSOLL (DD-651) and USS ORLECK (DD-886). He also served a year in Vietnam with river patrol boats before reporting for duty with SeaBee Contruction Battalion ONE in Japan.

After a tour with Naval Beach Group ONE, Chief Johnson was assigned to the Naval Undersea Center headquarters. Both are in San Diego. He served initially as the assistent craft master of the former inshore minesweeper USS CAPE. The 110-foot long vessel has been converted for use in naval underwater research projects, and the Chief was recently reassigned as its skipper.

As commanding officer, Chief Johnson is in charge of the 12-man crew and is responsible for all phases of projects in which the craft is involved while conducting at-sea programs in oceanographic research.

Penn. joins feminist parade

HARRISBURG, Pa. — Pennsylvania last week became the 21st state to ratify the equal rights amendment to the U.S. Constitution.

The amendment, which grants equal rights to women, passed the state Senate by a 43-3 vote. The state House passed it May 2, 178-3.

According to a UPI count, 20 other states have ratified the amendment so far and three have rejected it. Three-fourths of the states — 38 — are required for ratification.

No Holiday For Schools

Students in Tacoma schools and other public schools in this area will be attending classes next Monday, a spokesman for the Tacoma School District said today.

Columbus Day, the spokesman said, is a federal public holiday but is not a school holiday in Washington State.

The difference between the federal and state holiday schedules has existed for many years but became particularly apparent after a 1968 federal law shifted four traditional holidays to Mondays, including Washington's birthday, Memorial day, Veteran's Day and Columbus Day.

But the law as passed by Congress applied only to the District of Columbia and federal employees.

However, the school spokesman explained, thirty-five states did adopt holiday schedules conforming with the federal law. Other states, including Washington State, did not adopt the entire federal lineup of holidays.

In particular, the Washington State Legislature omitted Columbus Day from the official holiday schedules.

The school spokesman said that in a few school districts teachers may have negotiated a school year calendar which includes Columbus Day as a holiday. In Tacoma and most other districts classes will be held as usual.

Veteran's Day, the spokesman added, was shifted by both congress and the Washington State Legislature to the third Monday in October, thus October 23 will be a school holiday in Tacoma and all other public school districts.

HUD Releases Film On Operation Breakthrough

The U.S. Department of Housing and Urban Development today announced the release of a new 12-minute, color film entitled Operation BREAKTHROUGH.

The 16mm film takes its name from the HUD program initiated in mid-1969 to "Break Through" constraints that have prevented idustrialized housing from emerging as a major industry in the United States.

"In this film HUD has tried to give an overview of the many problems industrialized housing has had to face in this country," BREAKTHROUGH Director Arther Newburg explained. "The film also points out that until we acknowledge these problems and overcome them, the force of America's productive genius will not be felt in dealing with our housing crisis."

The many constraints to the production of factory-built housing are illustrated graphically in the new HUD film. These constraints include restrictive building and soning codes, labor practices, limitations on transportation, antiquated financing methods, and the absence of adequate design standards. The film points to the progress of the BREAKTHROUGH program in dealing with these restrictions and stresses the need for continued action.

Operation BREAKTHROUGH takes the viewer on a tour of the nine BREAKTHROUGH demonstration sites where over 2,900 prototype homes are being built. More than 25,000 additional units are now being processed or built under Phase III---the volume production stage of the program.

The film examines industrialized housing from three points of view---the need, the constraints, and the effect of the BREAKTHROUGH program.

Operation BREAKTHROUGH was produced for HUD by the Boeing Company of Seattle, Washington. Prints are available on a free loan basis from any of the 27 film library offices of Modern Talking Picture Service, Inc., in the following cities:

Atlanta, Ga.; Boston, Mass.; Buffalo, N.Y.; Cedar Rapids, Iowa; Charlotte, N.C.; Chicago, Ill.; Cincinnati, Ohio; Cleveland, Ohio; Dallas, Texas; Denver, Colo.; Detroit, Mich. Harrisburg, Pa.; Honolulu, Hawaii, and Houston, Texas.

Also, Indianapolis, Ind.; Kansas City, Mo.; Los Angeles, Calif.; Milwaukee, Wis.; Minneapolis, Minn.; New York, N.Y.; Summit, N.J.; Philadelphia, Pa.; Pittsburgh, Pa.; St. Louis, Mo.; San Francisco, Calif.; Seattle, Wash.; and Washington, D.C.

I ADMIT THAT two times two makes four is an excellent thing, but if we are to give everything its due, two times two makes five is sometimes a very charming thing, too.

'Miss Elkdom Of America'

ST. LOUIS, MISSOURI, September 20, 1972 -- Zeela Delaney, Miss District of Columbia, is announced and crowned "Miss Elkdom of America" by Grand Exalted Ruler of the Elks Hobson R. Reynolds (second from left), after winning the title in a very competitive beauty pageant at the organization's annual convention held here recently. Eugene McCullers (second from right), account executive, Coca-Cola USA, presents the winner's trophy. Looking on are Paul Blair, Grand Commissioner of Beauty and Talent for the Elks, and Bernard Ward (right), account executive, Coca-Cola USA. Miss Delaney of Washington D.C. won the title for her singing and dancing performance.

Look Returns

The classic look returns with a "new" button-down shirt featuring a longer pointed collar, bold double-button barrel cuffs and a long tapered body in a soft elegant basket weave oxford cloth. Allover plaid tie complements the subtle classic look. Shirt and tie under $12 at most Sears stores and through the company's catalog.

Vets to get job priority

SAN DIEGO — Secretary of Labor James D. Hodgson said recently that President Nixon "insists" that veterans get the highest priority in the Labor Department's employment and manpower programs and within that group the disabled veterans will get "super-priority."

Secretary Hodgson spoke at the kick-off of a new campaign conducted by the National Alliance of Businessmen of San Diego to place the disadvantaged in jobs with a future.

He told his audience of a $2 million program to employ about 450 severely disabled veterans in State Employment Services where they can serve other disabled veterans.

La. bar slapped for bias

WASHINGTON — The Department of Justice filed a civil suit today charging the owner of a bar in Labadieville, La., with refusing to serve blacks.

Attorney General Richard G. Kleindienst said the suit was filed in U.S. District Court in New Orleans, Louisiana.

The suit said L. J. Gros, owner of Gros' Place, has a policy of refusing to serve blacks, in violation of the public accommodations section of the Civil Rights Act of 1964.

The suit asked for a court order enjoining Gros from refusing to serve blacks on an equal basis with white patrons and requiring him to inform the public that equal service will be provided to all.

Woman Who Returned From China To Visit Tacoma

2 Women who have lived and worked in the people's republic of China will be in Tacoma Monday, Oct. 16, to talk about their experiences.

Ann Tompkins quit social work in New York City and went to China to teach english in 1966. She participated in the cultural revolution, the great debate and struggle over China's future. She has been speaking nationally since her return 2 years ago.

Jane updegrovet went to China last winter, after graduating from high school. She worked on a Model Farming Project and in a textile factory. She has one of the most recent personal experiences in China of any American.

Ann and Jane will show slides and discuss China at 8 p.m., October 16th, at the Shelter half Coffeehouse, 1902 Tacoma Avenue South. The evening, sponsored by the U.S.-China Friendship Association, is free, though donations are asked to help pay travelling costs. Serve the People.

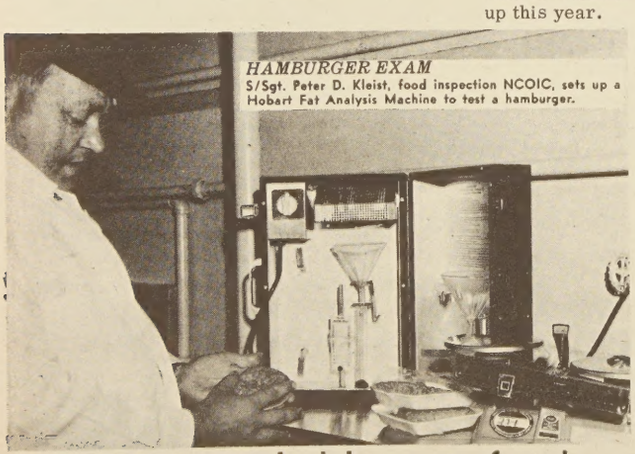
Nothing is difficult when you don't know how to do it. It's knowing how to do something well, and striving to do it, that makes a thing difficult.

TWO FROM OLDS — Two offerings from Oldsmobile for 1973 are the new compact Omega (top) and the redesigned intermediate Cutlass 'S' colonnade hardtop coupe (bottom). The Omega, new to the Olds lineup, is built on a 111-inch wheelbase and will be available in three body styles . . . a two-door coupe, four-door sedan and the hatchback coupe shown here. In addition to the Cutlass 'S' colonnade hardtop coupe, the intermediate lineup includes two Vista Cruisers, two Cutlass Supremes and two Cutlass models.

CHATTING CHAMPIONS

Former tennis champion Althea Gibson (left) and current great Evonne Goolagong compare notes during the press reception in New York City at which Miss Goolagong was presented the Dewar's Cup, awarded by the makers of Dewar's "White Label" Scotch Whisky for an outstanding contribution to tennis. Miss Gibson was both British and U.S. women's champion in 1957 and 1958. Miss Goolagong, the 21-year-old from Australia, won the British title at Wimbledon last year and was runner-up this year.

Diana Ross, honorary co-chairman of the 1972 Sterling Ball and star of the forthcoming Motown-produced film, "Lady Sings The Blues," is stunned and elated when Broadway and nightclub star Carol Channing, a celebrity guest at the Ball, suprised her with a gift of a necklace, Miss Channing's way of tightening the bond of friendship that has existed between the two superstars of years.



HAMBURGER EXAM
S/Sgt. Peter D. Kleist, food inspection NCOIC, sets up a Hobart Fat Analysis Machine to test a hamburger.

One New Reliable unit finishes AIT, another starts its first week

by 2d Lt BLAIR STRONG
1st Bde PIO

Two companies of the 2/39th Inf of the 1st Brigade will cross a 9th Division milestone this week when Co B completes its final week of "New Reliable" training and Co C begins its first week of field activity.

Members of Co B, commanded by Capt Harry E. Rothmann, finished up their training by putting into practice during a five day field training exercise the skills they had learned during the previous six weeks. The company's New Reliables operated as a tactical unit for the first time as they received a helicopter orientation and practiced an air mobile assault on Monday. Construction of field fortifications and establishment of a night defensive perimeter ended the first day.

Successive days were highlighted by recon patrols, stream and river crossings, attack of fortified areas, combat in cities, ambushes and numerous road marches. Additionally, four nights in the field have provided ample opportunity for night combat training. Friday will climax the company's field exercise as its men journey to Lewis Lake to rappell and "slide for life."

Co C began its field training this week with basic combat formations. The company's New Reliables began learning squad tactics as well as the M-60 machine gun. Additionally, instruction in drown-proofing will prepare the soldiers for future waterborne operations.

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POWER AND WORD POWER AND POWER SUBSTANCE

by L. Hendricks

You are the product of what you ate--let's think a little of the physical and spiritual food and what both can produce and what reaction the two together have on growth. Now if the physical growth needs physical food then it is also agreed that the spiritual growth also need spiritual food for its growth.

It is no wonder if the physical body need exercise to keep it healthy and strong for movable and speedy action, then also the spiritual body needs exercise too for its exspeedance.

The diet for the physical body is all wholesome and nutrious food that is needed to supply the whole body metalalism and vital origins including the reproductive organs and so forth since the food must reach all parts of the body it must be chewed very well so that it can be easily digested and so that it will quickly dissolve and move into the blood stream which is then distributed to all parts of the body.

What then do we have? A strong physical body, yes is the body healthy then? no, not until its mind (soul) has been feed.

What does the soul need? The food the soul needs is the word which is the key that unlocks the mystery of this world and the world to come. Now if the word has this power, what is the word? The word is the gift of life, life of the soul not of the body, the body which we know as flesh and blood.

We have already declared that the body needs bread for food and strength but the soul needs the bread of life.

Now the principal ingredient for the bread of life is a little different from the bread that's used for food for the body that it has not the need for any seasoning.

So, when I stop to know about myself, if I find anything that I do not like then I know it is the food I ate, or the exercise I have had or had not. Now on the other hand when I find a thang that I like, then I know and give thanks for the food I ate and the exercise or action took. So, let us eat together and act together the same food and the same movement, to move the mountain of hate.

If I act with a smile I win a smile. It is the food I ate that caused me to smile when I win a smile If I act with a frown I win frowns. Now you know how it feels to smile and you know how it feel to cry which do you like. I like the feeling of smiling. It makes me feel good to smile, I believe I look better too. It is easy to look upon myself when I smile what about you? When you smile do you feel better or good? So, I feel if I smile a million times a year I will win a million smiles a year and I will look a million times better per year. So, lets smile off.

THE IMPORTANCE OF VITAMIN C

You don't have to be a nut on health to know that vitamin C, ascorbic acid, is the anti-scurvy vitamin. This discovery was made by the British many years ago when limes were given to sailors

who were at sea many months as a preventive measure against scurvy. Today we know that citrus fruits contain vitamin C which does provide protection against scurvy.

Daily requirements of vitamin C are in the range of 30 to 100 mg. in healthy individuals; much larger doses are used therepeutically. As far as getting the vitamin from cooked food, you have to be careful. Since it is unstable in solution, it may be destroyed by prolonged cooking. However, fresh fruits and vegetables are good sources of vitamin C in the diet.

Doctors are quick to point out that for some people, such as adolescent girls and pregnant and nursing women, it's difficult to supply the vitamin C requirements even with proper diet. Consequently, these people may need additional vitamins.

Recent medical findings also indicate that many women who use oral contraceptives may develop a greater need for vitamin C than women who do not take birth control pills. Therefore, vitamin C supplementation appears to be in order when oral contraceptives are prescribed.

As a result of these findings, a special dietary supplement has been developed that not only contains 200 milligrams of vitamin C, but also all of the other vitamins and minerals women who use oral contraceptives are known to need each day. The new supplement is now available at drug counters everywhere.

Supply sergeant recalls an ex-partner — B. B. King

S/Sgt HANKINS

He didn't know it at the time, but Freddie B. Hankins' fellow guitarist, B. B. King, was going to be infinitely more successful than either he or King expected.

Hankins, now a Staff Sergeant for HHC, 3/39th Inf., 1st Bde, tells the story that back in 1953 he was a struggling young musician in Louisiana where he happened to join up with three other young musicians to form a Blues quartet.

B. B. King was one of the quartet's members; Hankins played a guitar in the group. During 1953 and 1954 the quartet played at nightclubs throughout Louisiana, especially in the Algiers and Bogalusa areas. Sgt. Hankins noted that the employment opportunities were not always plentiful — "It was not always easy to find a stand, and $150 was a typical take for the whole group." He notes that if their group had had the income that even high school groups receive today, staying a musician might have been financially worthwhile. But, at that time he was playing guitar "mainly for fun."

In 1955, Sgt. Hankins was drafted, which ended both his musical career and guitar playing. It was also the last time he saw King, although he has most of his records.

Since then he has taken up strumming again and is teaching it to his nine children. Asked if he would have followed a musical career had he known it might have led to success like his old partner's, Hankins replied, "definitely."

Girls Wanted By Y-Teens

Looking for something to do? Want some action? Like to rap with others? Now is your chance during National Y-Teen Week, October 8-14. Girls between 12 and 17 years old are invited to join a Y-Teen group and take part in the activities, such as community and school service projects, rap sessions on today's hang-ups, fun parties and working and meeting with Y-Teens from other schools.

If you want to help, then join now. Contact the YWCA, BR2-4181 or your school advisor. Y-Teen groups are active at Baker, Gray, Jason Lee, Mason and Hunt. High school groups are forming too. If you want a group at your school, call the YWCA. Join the group that gets to plan their own activities and then gets things done with everybody taking part. Join now!

TOP ATHLETES

Brig. Gen. Rolland V. Heiser, DCG 9th Inf Div, presents the Fort Lewis Commander's Trophy to Garrison Spt Bn (PROV) representatives, (from l.) Spec. 4 Charles Haywood, Capt. James A. Leudeke, S/Sgt. Richard W. Worthy, Capt. Robert A. Conant, and S/Sgt. Eugene Williams. The annual award is presented to the unit accumulating the most points in post-wide athletics

COEDS IN NAVY NOW: Misses Quana Jean Cothern (L), and Cheryl Jan Garner were sworn-in recently as the first coeds in the Southern University Naval ROTC and two of only 17 female students in the nation to enter the fomerly all-male Naval program. Miss Garner is a graduate of Scotlandville Senior High School and is computer science major at Southern while Miss Cothern is a native of Leavenworth, Kan. and is a pre-med. major. They are being sworn in by Donald Griffin, unit commander. Successful completion of the program will lead to a commission as an Ensign in the Navy or a Second Lieutenant in the Marine Corps. In addition to Southern, Purdue enrolled seven coeds this year, and Jacksonville University and Washington University enrolled four each.

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KARATE CHAMPIONSHIPS

Seattle will host one of the Northwests' biggest sporting events on the second weekend in October it was officially announced today.

The seventh annual "Seattle Open Karate Championships" will be held in the Seattle Center Arena, October 14, 1972.

The "Open," nationally known as the Northwests' Premium Karate Tournament, is once again being presented by Mr. Steve Armstrong, one of the nations formost experts in the sport of karate.

The title "Grand Champion Seattle Open" along with others will be at stake with contestants from all over the United States, Canada, and abroad competing for them. The big question is whether or not Dan Anderson will be able to do what no other karateka has (win the coveted grand champion title for the second time).

Armstong, Director of the American Okanawan Karate Association, is expecting more than 500 contestants to participate this year.

Eliminations will begin at 11:00 a.m. and end at 5:00 p.m. an October 14, 1972 with some eight (8) rings of excitement going at once. The Championship finals for all divisions will begin at 8 o'clock, which will be capped by the "Grand Champion" bout.

This "Karate Bowl" will be the talk of the north west when it comes to excitement and thrills. DON'T MISS IT!!

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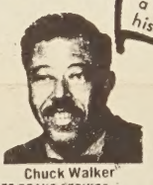

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The Now Washbasket

By Joyce Champion

Borax, a sodium-based mineral mined in the vast Mohave Desert of California and Nevada, has been a household staple of many uses for 100 years.

Its cleansing and disinfectant qualities as hand soaps and laundry additives are well known. But here are some lesser known uses for "nature's sweetener":

Cleaning coffeemakers: Add two ounces of borax to the coffeemaker filled with water and boil it for 15 minutes. Repeat this process twice a week and the pot won't build up that harsh, bitter residue.

Preserving fresh flowers: Prepare a mixture of two parts borax to one part white silica sand. Cut flower from stem just below the calyx and place on one to two inches of the mixture in a container. Sprinkle more of the mixture on top to cover the blossom, taking care not to crush or bend the petals. Cover container and store at room temperature three to seven days. An alternate mixture of one part borax to two parts corn meal also is effective.

Treating garbage cans: Sprinkle a few ounces of borax on bottom of newly emptied cans. As layers of refuse are added, repeat the sprinkling process. This will kill fly larvae and reduce odors.

Cleaning windows and glassware: Add two ounces of borax per quart of warm water, apply and wipe.

Cleaning refrigerators: Dissolve one-fourth cup of borax to a gallon of warm water and sponge interior clean. This will eliminate food odors.

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'Partying' cops suspended

SAN JOSE, Calif. — A bachelor's party for a San Jose policeman ended in a brawl in which eight officers were suspended.

The party for the bridegroom was held Aug. 31 at a park, and gunfire into a hillside was reported. The party of 50 officers then moved to a nightclub where a fight involving some of the policemen broke out.

Suspensions given ranged from two to 10 days, officials said. The bridegroom was not among those suspended.

CONNORS THEATRES

Rialto

R He's got a plan to stick it to The Man! Ron O'Neal in "Superfly" Road Runner Cartoon! "Zipping Along"

Roxy

PG A Lee Van Cleef hits 2 "The Magnificent Seven Ride" and "Return Of Sabata"

Temple

G The A ward-Winning Film For Everyone! "Fiddler On The Roof"

Narrows

R Bill Cosby Robert Culp in "Hickey & Boggs" and Sophia Loren in "Lady Liberty"

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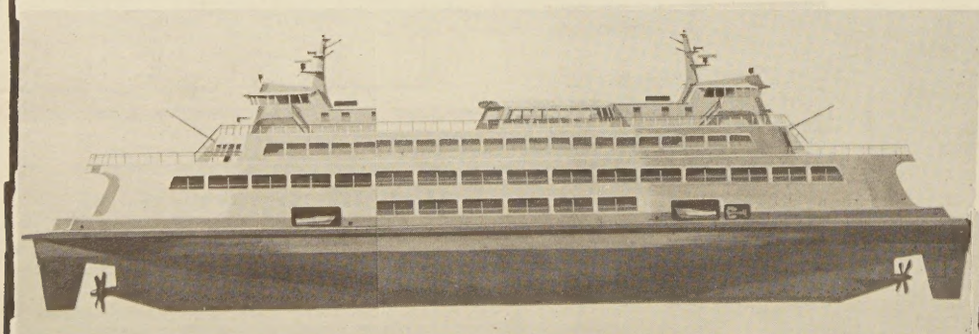

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